

# **PHASE 3**

## **SUPERCOMPENSATION**

### **(HIGH VOLUME, MODERATE INTENSITY)**

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	3	20		9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press.
	<u>Machine Shoulder Press</u>	2	3	15		9	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the deltoids.
	<u>Cable Crossover Ladder</u>	1	3	20		10	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	3	15		10	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static Stretch (30s)</u>	0	3	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	3	20		10	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Med-Ball Close Grip Push Up</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	20		9	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight.
	<u>Omni-Grip Lat Pulldown</u>	1	3	20		9	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).
	<u>Machine Low Row</u>	2	4	20		9	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep.
	<u>Cable Shrug-In</u>	1	3	20		10	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	3	20		10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		9	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	2	21		10	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.
	<u>A2: Bicep Static Stretch (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	3	15		7-8	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright.
	<u>Dumbbell RDL</u>	1	3	20		9	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Walking Lunge</u>	1	3	10		9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Slow Seated Leg Curl (3 up, 3 down)</u>	1	3	8		10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	3	20		10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>LLPT Plank</u>	0	2	30s		10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	Bench Press (Top Set)	3-4	1	2-4		8-9	~3-4 min	<a href="#">DB Bench Press</a>	<a href="#">Machine Chest Press</a>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Bench Press (Back Off AMRAP)	0	1	AMRAP	~60% of AMRAP set load	10	~3-4 min	<a href="#">DB Bench Press</a>	<a href="#">Machine Chest Press</a>	Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars.
	Standing Dumbbell Arnold Press	2	3	15		9	~2-3 min	<a href="#">Seated DB Shoulder Press</a>	<a href="#">Machine Shoulder Press</a>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	Weighted Dip	1	3	15-20		10	~2-3 min	<a href="#">Machine Chest Press</a>	<a href="#">DB Bench Press</a>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	Machine Lateral Raise (+ Myoreps)	1	3	12-15		10	~1-2 min	<a href="#">DB Lateral Raise (+ Myoreps)</a>	<a href="#">Cable Lateral Raise (+ Myoreps)</a>	On the last set only, perform myoreps: After reaching failure at 12-15 reps, pause for ~5 seconds and do another 4 reps. Then pause for ~5 seconds again and do another 4 reps. Repeat until you can't complete 4 reps.
	Triceps Pressdown	1	3	20		10	~1-2 min	<a href="#">Cable Triceps Kickback</a>	<a href="#">DB Triceps Kickback</a>	Focus on squeezing your triceps to move the weight.
	1-Arm Bottom-Half Overhead Cable Tricep Extensions	0	3	20-30		10	~1-2 min	<a href="#">DB Bottom-Half Skull Crusher</a>	<a href="#">EZ Bar Bottom-Half Skull Crusher</a>	Do overhead cable tricep extensions, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	Pull-Up	2	6	3		7-8	~15 sec	<a href="#">Lat Pulldown</a>	<a href="#">Machine Pulldown</a>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	Wide-Grip Cable Row	2	10	3		7-8	~15 sec	<a href="#">Wide-Grip Machine Row</a>	<a href="#">Wide-Grip T-Bar Row</a>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	SLOW Barbell Row (3 up, 3 down)	1	3	6		7-8	~2-3 min	<a href="#">SLOW DB Row</a>	<a href="#">SLOW Machine Row</a>	Use a 3 second positive and a 3 second negative. "Feel" your back working, be humble with the weight you use.
	Bayesian Cable Curl	1	3	20		10	~1-2 min	<a href="#">DB Incline Curl</a>	<a href="#">DB Curl</a>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	Bottom-Half Preacher Curl	0	3	15		10	~1-2 min	<a href="#">Bottom-Half Spider Curl</a>	<a href="#">Bottom-Half Bayesian Curl</a>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	Rope Facepull	1	3	20		10	~1-2 min	<a href="#">Reverse Pec Deck</a>	<a href="#">Bent-Over Reverse DB Flye</a>	Pull your elbows up and out, squeeze your shoulder blades together.

WEEK 1	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	<u>Deadlift</u>	3-4	2	8		9	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Leg Press</u>	2-3	2	20		9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	5	20		10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Lying Leg Curl</u>	1	3	20		10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to make the weight move.
	<u>Seated Calf Raise</u>	1	3	20		10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Corpse Crunch</u>	0	2	20		10	~1-2 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Clear your upper back off the floor when you crunch, hold for 1-2 seconds and then go back down. Don't yank with your neck.
<b>MANDATORY REST DAY</b>										

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	3	20		9	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press.
	<u>Machine Shoulder Press</u>	2	3	15		9	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the deltoids.
	<u>Cable Crossover Ladder</u>	1	3	20		10	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	3	15		10	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static Stretch (30s)</u>	0	3	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	3	20		10	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Med-Ball Close Grip Push Up</u>	0	1	AMRAP		10	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	20		9	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight.
	<u>Omni-Grip Lat Pulldown</u>	1	3	20		9	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).
	<u>Machine Low Row</u>	2	4	20		9	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep.
	<u>Cable Shrug-In</u>	1	3	20		10	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	3	20		10	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		9	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	2	21		10	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.
	<u>A2: Bicep Static Stretch (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	3	15		7-8	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	These will be challenging, let's push! Don't go so heavy that you miss reps. Be humble with your weight and focus on keeping your torso upright.
	<u>Dumbbell RDL</u>	1	3	20		9	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Walking Lunge</u>	1	3	10		9	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Slow Seated Leg Curl (3 up, 3 down)</u>	1	3	8		10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	3	20		10	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>LLPT Plank</u>	0	2	30s		10	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	Bench Press (Top Set)	3-4	1	2-4		8-9	~3-4 min	<a href="#">DB Bench Press</a>	<a href="#">Machine Chest Press</a>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Bench Press (Back Off AMRAP)	0	1	AMRAP	~60% of AMRAP set load	10	~3-4 min	<a href="#">DB Bench Press</a>	<a href="#">Machine Chest Press</a>	Use ~60% of the weight you used on your top set and do it for as many reps as possible. You should be in the range of 10-20+ reps on this set! Use a spotter and safety bars.
	Standing Dumbbell Arnold Press	2	3	15		9	~2-3 min	<a href="#">Seated DB Shoulder Press</a>	<a href="#">Machine Shoulder Press</a>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	Weighted Dip	1	3	15-20		10	~2-3 min	<a href="#">Machine Chest Press</a>	<a href="#">DB Bench Press</a>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	Machine Lateral Raise (+ Myoreps)	1	3	12-15		10	~1-2 min	<a href="#">DB Lateral Raise (+ Myoreps)</a>	<a href="#">Cable Lateral Raise (+ Myoreps)</a>	On the last set only, perform myoreps: After reaching failure at 12-15 reps, pause for ~5 seconds and do another 4 reps. Then pause for ~5 seconds again and do another 4 reps. Repeat until you can't complete 4 reps.
	Triceps Pressdown	1	3	20		10	~1-2 min	<a href="#">Cable Triceps Kickback</a>	<a href="#">DB Triceps Kickback</a>	Focus on squeezing your triceps to move the weight.
	1-Arm Bottom-Half Overhead Cable Tricep Extensions	0	3	20-30		10	~1-2 min	<a href="#">DB Bottom-Half Skull Crusher</a>	<a href="#">EZ Bar Bottom-Half Skull Crusher</a>	Do overhead cable tricep extensions, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	Pull-Up	2	6	3		7-8	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form smooth and controlled.
	Wide-Grip Cable Row	2	10	3		7-8	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	10 cluster sets: 3 reps, rest 15s, repeat 10x. Keep form tight.
	SLOW Barbell Row (3 up, 3 down)	1	3	6		7-8	~2-3 min	<u>SLOW DB Row</u>	<u>SLOW Machine Row</u>	Use a 3 second positive and a 3 second negative. "Feel" your back working, be humble with the weight you use.
	Bayesian Cable Curl	1	3	20		10	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	Bottom-Half Preacher Curl	0	3	15		10	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	Rope Facepull	1	3	20		10	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	Pull your elbows up and out, squeeze your shoulder blades together.

WEEK 2	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	<u>Deadlift</u>	3-4	2	8		9	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Leg Press</u>	2-3	2	20		9	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	5	20		10	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Lying Leg Curl</u>	1	3	20		10	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to make the weight move.
	<u>Seated Calf Raise</u>	1	3	20		10	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Corpse Crunch</u>	0	2	20		10	~1-2 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Clear your upper back off the floor when you crunch, hold for 1-2 seconds and then go back down. Don't yank with your neck.
<b>MANDATORY REST DAY</b>										

FULL DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK BEFORE RUNNING BACK THROUGH WEEK 1 OF THE PROGRAM OR ONTO A NEW PROGRAM.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #1	<u>Low Incline DB Press</u>	2	2	12		6	~2-3 min	<u>Low Incline Machine Press</u>	<u>Low Incline Smith Machine Press</u>	15° bench angle, tuck your elbows on the negative, flare as you press.
	<u>Machine Shoulder Press</u>	2	2	12		6	~2-3 min	<u>DB Shoulder Press</u>	<u>Standing DB Arnold Press</u>	Don't stop in between reps, keep smooth and controlled tension on the deltoids.
	<u>Cable Crossover Ladder</u>	1	2	15		7	~1-2 min	<u>Flat-To-Incline DB Flye</u>	<u>Pec Deck</u>	Do one set with low cable position, one set with medium-height cable position, and one height with a high cable position.
	<u>A1: Lean-In Constant Tension DB Lateral Raise</u>	1	2	12		7	0 min	<u>Constant-Tension Cable Lateral Raise</u>	<u>Constant-Tension Machine Lateral Raise</u>	Lean into a bench and do lateral raises. Keep tension - don't rest your arm against your side at the bottom.
	<u>A2: Side Delt Static Stretch (30s)</u>	0	2	30s HOLD		N/A	0 min	N/A	N/A	Hold a side delt stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.
	<u>Overhead Triceps Extension</u>	1	2	15		7	~1-2 min	<u>DB Floor Skull Crusher</u>	<u>DB French Press</u>	Do both arms at once, resist the negative.
	<u>Med-Ball Close Grip Push Up</u>	0	1	AMRAP		7	0 min	<u>Close-Grip Push Up</u>	<u>Kneeling Modified Push Up</u>	Place your hands on a medicine ball and do smooth, controlled pushups.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #1	<u>1-Arm Half Kneeling Lat Pulldown</u>	1	2	12		6	~1-2 min	<u>1-Arm Lat Pull-In</u>	<u>Cable Lat Pullover</u>	Keep chest tall, keep elbow tucked in close to your torso, focus on squeezing your lat to move the weight.
	<u>Omni-Grip Lat Pulldown</u>	1	3	12		6	~2-3 min	<u>Omni-Grip Pull-Up</u>	<u>Chin-Up</u>	One set wide grip (overhand), 1 set middle grip (overhand), 1 set close grip (underhand).
	<u>Machine Low Row</u>	2	2	12		6	~2-3 min	<u>Helms Row</u>	<u>Incline Chest-Supported DB Row</u>	Focus on squeezing your shoulder blades together on each rep.
	<u>Cable Shrug-In</u>	1	2	12		7	~1-2 min	<u>DB Shrug</u>	<u>Plate Shrug</u>	Set up two cable handles low and shrug up and in. Squeeze your upper traps to move the weight.
	<u>Reverse Pec Deck</u>	1	2	12		7	~1-2 min	<u>Reverse Cable Flye</u>	<u>Bent-Over Reverse DB Flye</u>	Swing the weight "out", not "back".
	<u>EZ-Bar Curl (Heavy)</u>	2	1	4-6		7	~1-2 min	<u>DB Curl</u>	<u>Cable Curl</u>	Arc the bar "out" not "up", focus on squeezing your biceps.
	<u>A1: EZ-Bar Modified Bicep 21's</u>	0	1	21		7	0 min	<u>DB Curl 21's</u>	<u>Cable Curl 21's</u>	7 reps seated, 7 reps standing full ROM, 7 reps bottom-half curls.
	<u>A2: Bicep Static Stretch (30s)</u>	0	1	30s HOLD		N/A	0 min	N/A	N/A	Hold a bicep stretch for 30 seconds. The stretch should be held at about a 7/10 intensity.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #1	<u>Front Squat</u>	2-3	2	10		6	~2-3 min	<u>High-Bar Box Squat</u>	<u>Goblet Squat</u>	Stay light, keep your torso upright
	<u>Dumbbell RDL</u>	1	2	12		6	~2-3 min	<u>Barbell RDL</u>	<u>45° Hyperextension</u>	Emphasize the stretch in your hamstrings, prevent your lower back from rounding.
	<u>Walking Lunge</u>	1	2	8		6	~2-3 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Take medium strides, minimize the amount you push off your rear leg.
	<u>Slow Seated Leg Curl (3 up, 3 down)</u>	1	2	8		7	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lift with a slow tempo. The positive should take 3 seconds and the negative should take 3 seconds.
	<u>Leg Press Toe Press</u>	1	2	12		7	~1-2 min	<u>Seated Calf Raise</u>	<u>Standing Calf Raise</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>LLPT Plank</u>	0	1	30s		7	~1-2 min	<u>Ab Wheel Rollout</u>	<u>Plank</u>	Contract your glutes and position your elbows under your eyes to make the plank more difficult.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PUSH #2	Bench Press	3-4	1	2-4		6	~3-4 min	<a href="#">DB Bench Press</a>	<a href="#">Machine Chest Press</a>	Set up a comfortable arch, quick pause on the chest and explode up on each rep.
	Standing Dumbbell Arnold Press	2	2	12		6	~2-3 min	<a href="#">Seated DB Shoulder Press</a>	<a href="#">Machine Shoulder Press</a>	Start with your elbows in front of you and palms facing in. Rotate the dumbbells so that your palms face forward as you press.
	Weighted Dip	1	2	12		6	~2-3 min	<a href="#">Machine Chest Press</a>	<a href="#">DB Bench Press</a>	Tuck your elbows at 45°, lean your torso forward 15°, shoulder width or slightly wider grip.
	Machine Lateral Raise (+ Myoreps)	1	2	12-15		7	~1-2 min	<a href="#">DB Lateral Raise (+ Myoreps)</a>	<a href="#">Cable Lateral Raise (+ Myoreps)</a>	On the last set only, perform myoreps: After reaching failure at 12-15 reps, pause for ~5 seconds and do another 4 reps. Then pause for ~5 seconds again and do another 4 reps. Repeat until you can't complete 4 reps.
	Triceps Pressdown	1	2	15		7	~1-2 min	<a href="#">Cable Triceps Kickback</a>	<a href="#">DB Triceps Kickback</a>	Focus on squeezing your triceps to move the weight.
	1-Arm Bottom-Half Overhead Cable Tricep Extensions	0	2	15-20		7	~1-2 min	<a href="#">DB Bottom-Half Skull Crusher</a>	<a href="#">EZ Bar Bottom-Half Skull Crusher</a>	Do overhead cable tricep extensions, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
PULL #2	Pull-Up	2	4	3		6	~15 sec	<u>Lat Pulldown</u>	<u>Machine Pulldown</u>	4 cluster sets: 3 reps, rest 15s, repeat 4x. Keep form smooth and controlled.
	Wide-Grip Cable Row	2	6	3		6	~15 sec	<u>Wide-Grip Machine Row</u>	<u>Wide-Grip T-Bar Row</u>	6 cluster sets: 3 reps, rest 15s, repeat 6x. Keep form tight.
	<u>SLOW Barbell Row (3 up, 3 down)</u>	1	2	6		6	~2-3 min	<u>SLOW DB Row</u>	<u>SLOW Machine Row</u>	Use a 3 second positive and a 3 second negative. "Feel" your back working, be humble with the weight you use.
	Bayesian Cable Curl	1	2	12		7	~1-2 min	<u>DB Incline Curl</u>	<u>DB Curl</u>	Keep your elbow behind your torso throughout the range of motion, focus on squeezing your bicep. Sets are per arm.
	Bottom-Half Preacher Curl	0	2	15		7	~1-2 min	<u>Bottom-Half Spider Curl</u>	<u>Bottom-Half Bayesian Curl</u>	Do preacher curls, but cut out the top half of the ROM (stay entirely in the stretched aspect of the lift).
	Rope Facepull	1	2	15		7	~1-2 min	<u>Reverse Pec Deck</u>	<u>Bent-Over Reverse DB Flye</u>	Pull your elbows up and out, squeeze your shoulder blades together.

WEEK 3	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	LOAD	RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
LEGS #2	<u>Deadlift</u>	3-4	1	8		6	~3-4 min	<u>Trap Bar Deadlift</u>	<u>Barbell Hip Thrust</u>	Brace your lats, chest tall, pull the slack out of the bar before lifting.
	<u>Leg Press</u>	2-3	1	12		6	~2-3 min	<u>Goblet Squat</u>	<u>Walking Lunge</u>	Medium width feet placement on the platform, don't allow your lower back to round.
	<u>Leg Extension</u>	1	2	15		7	~1-2 min	<u>DB Step-Up</u>	<u>Goblet Squat</u>	Focus on squeezing your quads to make the weight move.
	<u>Lying Leg Curl</u>	1	2	15		7	~1-2 min	<u>Seated Leg Curl</u>	<u>Nordic Ham Curl</u>	Focus on squeezing your hamstrings to make the weight move.
	<u>Seated Calf Raise</u>	1	2	15		7	~1-2 min	<u>Standing Calf Raise</u>	<u>Leg Press Toe Press</u>	Press all the way up to your toes, stretch your calves at the bottom, don't bounce.
	<u>Corpse Crunch</u>	0	1	15		7	~1-2 min	<u>Plate-Weighted Crunch</u>	<u>Cable Crunch</u>	Clear your upper back off the floor when you crunch, hold for 1-2 seconds and then go back down. Don't yank with your neck.
<b>MANDATORY REST DAY</b>										